## WELCOME BREASTFEEDING & BREAST PUMPING MOTHERS!

You have chosen the very best for your baby by breastfeeding! We would like to make sure we are providing a comfortable environment for you to pump or breastfeed your baby and have provided the following:

- ∠ Quiet areas to pump
  - ? Quiet room at clinic, office # 113, room #7
  - ? Key to clinic room is available at Human Resources room # 102. (Please use the sign out log located at their counter.)
  - ? Wee Care, office # 105B (See Christy or Kathy if room # 7 occupied)
- Refrigerator to store your breast milk (in clinic quiet room)
- Certified Lactation Consultants/Educators available for free counseling and assistance
- Pamphlets and materials on breastfeeding (Please help yourself to the handouts or ask for any other materials)
- Clorox wipes for pump and table clean ups
- ∠ Door hanger, white board, and door lock can be used to indicate pumping room is in use. (White board can also be used to communicate between yourselves about pumping time frames.)
- ∠ Loan library of books, videos, baby weigh scale
- Assistance with any prenatal and postpartum lactation assistance. This could include information on birthing plan

## to knowing what pumps to purchase. Please ask us, we would love to help you!

For questions, or to provide feedback/suggestions, please feel free to contact:

Judy Harris, RD, IBCLC Wee Care:

WIC 538-6122 Kathy Pope, RN, LE - 538-9970

Christy Van Orman, RN, IBCLC - 538-9456

Please see the following page for additional in lactation counseling referrals. <u>Lactation Counseling Services in Cannon Building</u>:

Judy Harris, RD, IBCLC
WIC 538-6122
Loan library, pump info/assistance w/parts, baby weight scale, counseling, etc.

Kathy Pope, RN, LE Wee Care 538-9469 Prenatal & Postpartum counseling, pump room info

Christy Van Orman, RN, IBCLC Wee Care 538-9456 Prenatal & Postpartum counseling, pump room info

Janet Heins, RD, CLE Cancer Program 538-6235

Marie Nagata Baby Your Baby 538-6517

Patrice Isabella, RD, CLE WIC 538-6266

Phyllis Crowley, RD, IBCLC WIC 538-6823

Maria Givler, RD, CLE WIC 538-6897